

**GRADUATION:
The Measure of Tomorrow**

**Nuts and Bolts of
Facilitating Successful
Student-Led Planning
Meetings**

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Ali Hale, UP Student

PUBLIC SCHOOLS OF NORTH CAROLINA
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A Little About Us

- My name is Kelly R. Kelley. Yes, that's right.
- I studied special education and secondary transition for my bachelors, masters, and doctorate degrees.
- I am an Assistant Professor at Western Carolina University, serve as a consultant with the University Participant (UP) program, and co-direct a grant through NCCDD working with middle and high schools across NC.
- Ali and I enjoy presenting together and sharing how we learn from each other in our college experiences.




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A Little About Us

- My name is Ali and I am from Hickory, NC.
- I am studying early childhood and elementary education.
- I like reading, listening to music, doing yard work, and working with children with disabilities, and cooking.
- I have worked in many daycares during my time at WCU.
- I enjoy reaching my goals and leading my PCP meetings.
- I was the 2015 WCU Homecoming Queen.
- After graduation, I would like to live in a house with a roommate in Hickory and teach kindergarten (dream job!).



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Our Goals for Today's Session

- Brief overview of the UP Program
- Benefits/Obstacles of student-led meetings
- Sharing how we do person-centered planning at WCU (with video examples)
- Technology resources that can expand student voice in transition planning
- Value of peer supports and mentoring to prepare for meetings and reviewing goals

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What is the UP Program?

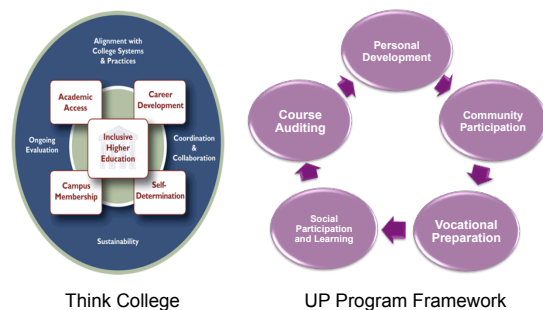
- A two year, inclusive transition program for college-aged individuals with intellectual disability
- Supports up to 8 selected participants per year; 4 in each graduating cohort
- Serves as a model demonstration site for the state by providing support to satellite programs in NC and technical assistance to programs across the nation

Year	# of Students
2007/2008	2
2010	4
2011	8
2012	7
2013	8
2014	8
2015	8

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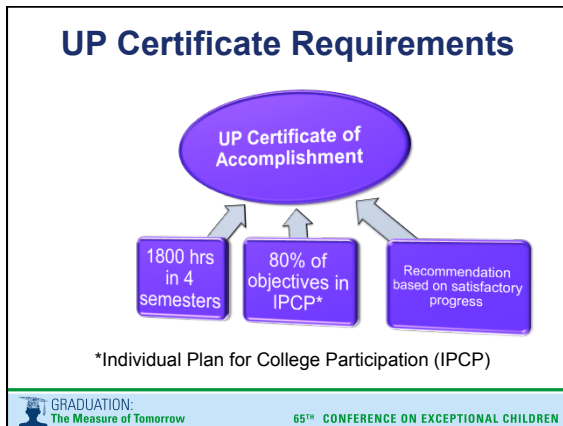
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Guiding Frameworks



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Benefits of Student-led Meetings

- Increased self-awareness
- Increased self-advocacy re: rights and requesting accommodations
- Increased self-confidence
- Interacting more positively with adults and peers and less stigma

- Greater awareness of goals, objectives, and accommodations
- Greater parent and teacher contributions when students led meetings
- Higher attendance when students send out personal invitations

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Obstacles for Student-led Meetings	
Obstacles	Suggested Solutions
Time/Resources/Lack of Administrative Support	Priority? Overlap content? Peer supports? Braided funding? Strength in numbers?
Assessments and High Stakes Testing Take Priority	Important, but life goals are also important to learn for long-term life success
Lack of Student Motivation	Setting the tone of importance/positive peer pressure also works wonders
Student Disability Level	All students communicate even if they use assistive technology or gestures
Loss of Control	This is worth the risk and increased student self-determination
I Feel Alone Trying This	Collaboration is key, but trailblazers are awesome. Others will eventually join in your success as they see it happen.

Person Centered Planning at



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Who Attends Our PCP Meetings?

Name or Support	Roles and Responsibilities
UP student	Invites others, prepares and leads meetings, reviews progress made on goals, and sets new goals
Community Service Providers/Vocational Rehabilitation counselors/Employers/WCU Faculty	Helps in writing goals and personal care plans when applicable, some financial support
Parents or guardians	Provides background information and follow up support to help foster independence and meeting individualized goals developed as a team
Natural or peer supports (all WCU students that work with UP students)	Helps UP students with academics, work, social skills, recreation, and campus activities (gives progress on goals)
UP Program staff (director, consultant, coordinator, job coach, academic support)	Provides updates and progress in five areas of the program and documents progress on IPCP

We Start with Academic Roadmaps

Who will I be? Future me.

- I'll be good at childcare, have lots of friends, go to concerts and sporting events where I'll tailgate
- I'll live in Georgia in community housing



Skills Desired

- Painting
- Public speaking
- Money management
- Cooking skills
- Camping skills
- Reading skills

By the time I leave college....

- I want to know/ be able to... *childcare*
- I want to prove to others... *That people like me and I can think like people without disabilities.*
- How will people remember me? *As a regular person*

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We Use Person Centered Planning: Where I am in Charge

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Person Centered Planning Meeting

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Stories Of Success

Ali's Success Stories:

- I am going to another conference w/ Kelly in November.
- I made a good grade on my first exam in my Psychology.
- I got a certificate in SPED 240.

Success Stories from Supports:

- Ali is very driven
- Has good plans about what she wants to do when we are together
- Keeping room clean and set bed time
- Very responsible and trustworthy with plans
- Dedicated with homework and meeting due dates
- Good role model and friend to others- 1st year students

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Reviewing and Rating Goals

1 = needs a lot of work	2 = making some progress, but keep	3 = met goal, take off and keep doing it
	Unlocking the bathroom door	Make choices that make me happy
	Not repeating what others say, using my own words	Keeping my binder organized for deadlines
	Keeping up with my belongings	Being on time
		Managing my meal plan
		Checking my phone to answer when I can
		Not leaving keys in door, but a safer place
		Finishing all my homework

New IPCP Goals

Goals from September PCP Meeting

Planning and leading weekly lessons or art activities at the daycare
 More lessons and resources each week on budgeting and living expenses
 Updating resume with college activities and video resume
 Managing my meal plan
 Checking my phone to answer when I can
 Not leaving keys in door, but a safe place
 Finishing all my homework
 Practice with job interviews with multiple people
 Taking a course at the community college in early childhood
 Learning to play an instrument for United Sound (maybe clarinet)

What is Working Well?

Ali's Strategies That Work Well:

- Going to bed earlier and not using the phone- getting more sleep
- Reminder on bathroom door for unlocking it
- Texting or calling if running late to meet someone
- Making lists for due dates and assignments

Strategies That Others Feel Also Help Ali:

- Helping her stay organized with her binder
- Nightly check in and answering schedule questions for the following day
- Being on time for transit in the mornings
- Letting another UP student see her work at the daycare

What Could Be Improved?

Ali's Improvements:

- I will not repeat what others say. I will listen to what others say and then reword it using into my own words.

Improvements from Others:

- Encouragement to do fun things with her friends around campus (not all work, but some play)
- Thinking through living options and available supports after graduation

Next Steps

Ali's Next Steps:

- Thinking about a new living location after graduation (besides Hickory)

Next Steps From Others:

- Thinking through her living options and available supports after graduation (waiting on her in Hickory)
- A long term goal to live in another location is a good plan to work towards
- Compiling the video resume

Other Items or Questions?

Ali's Other Items:

- I am so glad I got to meet Holly (new coordinator) this year.
- Thank you so much for all of your time. I enjoyed working with all of you.

Items and questions from others:

- Where else can we find support on your schedule?
- Are there other things you wish to add or take off your schedule?
- Are you ready for all the upcoming Homecoming events? Be sure to bring several dress clothes back after fall break.

Technology Resources

- PowerPoint or **Prezi** - slides and multimedia presentation
 - <https://prezi.com/cyce7b-xqy3b/my-pcp-meeting/>
- **Voki** – customized avatar in student voice as talking character
- Toondoo- makes cartoon strips easily
 - <http://www.toondoo.com>
- Jing- captures screen recordings with audio
- **GoAnimate**- web-based cartoon strips with props and backgrounds
- **Wordles**- word clouds from text
- Glogster- makes interactive posters with images, text, music, and videos

Technology Examples of Vokis



- <http://www.voki.com/pickup.php?scid=9747468&height=267&width=200>
- <http://www.voki.com/pickup.php?scid=9747615&height=267&width=200>
- <http://www.voki.com/pickup.php?scid=9780136&height=267&width=200>
- <http://www.voki.com/pickup.php?scid=9747471&height=267&width=200>
- <http://www.voki.com/pickup.php?scid=9747556&height=267&width=200>
- <http://www.voki.com/pickup.php?scid=9780169&height=267&width=200>
- <http://www.voki.com/pickup.php?scid=9747647&height=267&width=200>
- <http://www.voki.com/pickup.php?scid=9649452&height=267&width=200>



<http://www.voki.com/pickup.php?scid=9783172&height=267&width=200> Living Goal

Technology Examples

- GoAnimate



Technology Examples

- Wordles



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Added Value of Peer Supports

- **Ownership:** "In helping [UP student], I truly understand the importance of having goals that are tailored to EACH individual. With [UP student] having a part in creating and reviewing HER goals it is so important to HER success because SHE cares about those goals and it MATTERS if SHE accomplishes them because they are based on HER wants and what SHE feels SHE needs to work on."
Gretchen G. Reece
- **Mutual benefits:** "Helping another student refine how they are going to reach their goals has opened new potential solutions to help me reach my goals." *Nate Price*

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Added Value of Peer Supports

- **Motivation and Peer Input:** "Being a PCP leader for some of the UP students has taught how important goal setting is. I think the students benefit from having a PCP support because it allows them to have someone their age to help explain how we would go about achieving a goal and it also gives them someone to help motivate them to achieve their goals." *Abby Killian*
- **Communication:** "What I feel that helps me with the UP student is having her goals and letting her rate them herself first, after that we talk about how she is doing then compare rating that sounds most realistic. This has helped me with being more organized and allowing the student to lead. Communication is key! *Lisa Shope*

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Added Value of Peer Supports


From Ali's Perspective



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